***The Things a Brother Knows***

Groups go through a cycle of change that progresses during your time with them. Most groups I work with are between 8 - 10 in number and have been pre-screened to make sure they have the maturity and willingness to address changes and deal with issues.

We usually meet once a week. I could use this book for a group to work through self esteem issues or students that have family dynamic issues. If I'd use it for family dynamic issues, here's how I'd progress:

Session One - Introduction, ice-breaker, rules and expectations, confidentiality and parental forms

Session Two - Check in, ice-breaker, introduction of book, ending

Session Three - Check in, discussion of family dynamics, students identifying relationships they'd like to change, ending.

Session Four - Check in, discuss Levi and Boaz's relationship within the family, relate this with students' personal lives, ending.

Session Five - Check in, discuss the journey Levi undertakes for his brother, relate this with students' personal lives, ending.

Session Six Check in, discuss the changes in Levi as how he perceives his brother, relate this with students' personal lives, ending.

Session Seven - Check in, discuss the changes in Boaz's life and how Levi affected those changes, relate this with students' personal lives, ending.

Session Eight - Check in, discuss Boaz - from Boaz's point of view and thoughts, relate this with students' personal lives, ending.  
Session Nine = Check in, discuss ending of book, relate students' experiences with also goal setting with students to make changes, ending.

Session Ten= Check in, Discuss personal journeys, commit to goal setting, saying goodbyes.